

# SUNDAY MORNING Health Corner

## Diabetes Awareness Month: Managing and Preventing Type 2 Diabetes

November is **Diabetes Awareness Month**, a time to focus on prevention and management strategies for **Type 2 diabetes**, a significant health issue that affects African American communities at disproportionately high rates.

### Prevention & Management Strategies

The good news is that with the right knowledge, we can take steps to **prevent and manage Type 2 diabetes** effectively. Here are some strategies:

- **Healthy Diet Choices**
- **Regular Physical Activity**
- **Maintain a Healthy Weight**
- **Routine Health Screenings**

The journey to managing or preventing Type 2 diabetes begins with small steps. **Incorporate balanced meals** that include a variety of colors, stay active, and prioritize regular check-ups to stay on top of your health.

Remember, even small changes can lead to big impacts when it comes to reducing diabetes risk and improving overall health.



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